

COGNITIVE BEHAVIORAL THERAPY

BASICS

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	Assess	Revised Thought
Actuating event (what happened...)		
Belief about (what I think...)		
Consequent emotion(s)		
Behavior follows...		

Pattern tends to set, and may become **automatic**, unless intervention to evaluate thoughts occur according to the following;

Is the thought about what happened...

Rational/Factual	or	Irrational/based on fear
Accurate	or	Inaccurate
Healthy	or	Unhealthy
Constructive	or	Destructive

Evaluation of longstanding depressive or anxious thoughts will likely require help from an objective person to help unravel the distorted thinking and reformulate a more rational and constructive interpretation of events, as often the distortions reflect unsatisfactory and unsuccessful attempts to explain the world and/or to protect oneself. Change is difficult and takes time in most cases. Patience and compassion is required in assisting in this process. Writing out the distorted thought and then the revised thought is an important part of the process. Practice helps to make the changed outlook more “automatic.”

In CBT, three basic views of life are thought to be held by all people, as follows:

1. View of **Self**: “I am a (description) person.”
2. View of **Other People**: “Others are (description).”
3. View of **the World**: (What kind of place it is to you...).

Whatever these three views are, reflect the person’s relationship to and feelings about everything, and therefore, much of their behavior. It may

also reveal how much of a struggle the person has to hide his/her feelings about life.

The **Good** news is that everyone who is taught these skills and is willing to work at the changes can adapt and adopt healthier and more constructive thinking which leads to better feelings and more productive behaviors. This therapy is the most effective therapy for mood disorders (and is effective for other issues as well. Several names over many, many years are associated with its development, including Aaron Beck, Albert Ellis (Rational Behavioral Therapy), and David Burns, author of *Feeling Good: The New Mood Therapy*, which is available both in the original text and in a Handbook which can be used as self-help.

However, I believe that the real reason for its success is that the original thought behind it is from the Lord. Many scriptures refer to the “changing of the mind (thinking),” and, “Have this mind in you, which was also in Christ Jesus....”) Philippians 2:5-8, and Proverbs 23:7, Romans 12:2. He tells us that even when we do not FEEL that we can help our thinking and reactions, we can if we will use our resources, learn, work hard, and support and help one another to continue to overcome our struggles. For many, the complexities of the brain, though, will also require medication, at least for a period of time, and for some, perhaps for a lifetime, similar to those with any other chronic illness. Let us LOVE ONE ANOTHER (1 John 4:18).

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